



what's on in house

Issue 12 November 2015

- Santa's Sizzling Family Sundowner on Friday December 4th - SAVE THE DATE
- Committee Update - Bunnings Sausage Sizzle & garden replanting
- Workshops and Courses
- Child Health Checks & help for parents experiencing anxiety or depression
- Shape up for summer - here!
- Playgroup WA - Check out their news [here](#)
- Scarborough Toy Library - Fabulous Toy Sale Saturday 28th Nov. 9.30 - 11.30am. Toys from \$1.00! Come down and grab a bargain.



Santa's Sizzling Family Sundowner *Friday 4th December 4.00 -7.00pm*

Pick up the kids, pull up a picnic rug and kick back for a couple of hours of food and festivities with your friends at the House.

- Magic **entertainment** suitable for toddlers and a visit from **Santa** himself will ensure a relaxed end to the week at this hectic time of the year.
- BYO family and your drinks! **Sausage sizzle** (\$2 - rsvp to Office for catering) and soft drinks (\$1) available .
- *Proudly sponsored by Liza Harvey - Community Events Grant*



Committee Update

- Our Bunnings Sausage Sizzle fundraiser was a huge success on Sunday Nov 1st, thanks to all who helped out. It was fun playing 'shop' for a while. A fabulous total of **\$1324.00** was raised for the House.
- Hey thanks Kate, our Garden Guru, Christmas Wreaths tutor, retired Chairperson and playgroup mum for again re-planting the garden. Let's all keep it alive now!



Workshops and Courses

Positive Parenting Program - *Book NOW for Term 1 2016*
take the guesswork out of parenting!

There is no right way to be a parent. Triple P offers simple routines and small changes that can make a big difference to your family. Delivered as an eight week program, it includes five 2 hour group sessions and three follow up phone calls to tailor the program to the needs of each family.

For Info and Bookings **1300 550 879** or email at positiveparenting@health.wa.gov.au



Child Health Checks

Baby and Toddler health checks are being conducted at WSNH every Tuesday by our local Child Health Nurses. Bookings can be made on 1300 749 869.

Know anyone suffering from anxiety or post natal depression? Talk to your health nurse for options that can really make a difference!



Renew Fitness Workouts

Looking for a way to unwind at the end of the day and tone up for summer? Too easy! Try our Fitness Workouts with qualified, experienced trainers who will have you boxing, circuit and resistance training and working out with partners.

Tuesdays 7.30 - 8.30pm outdoors at WSNH. Bring a water bottle and towel.
 \$90 (10 week Term) \$15 Casual *First session is FREE!* Enrolments 9446 2757





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